

SENIORS ON THE GREEN

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Senior Center Hours:

Mon - Fri: 9 - 4pm

Senior Ctr. 860-642-3040

Ctr. Director: Darcy Battye
860-642-2042

Van Coord: Jeryl Bates
860-642-2024

Trans. Clerk: Walter Riley
860-642-2024

HAPPY BIRTHDAY TO OUR 90+ FRIENDS AT LEBANON SENIOR CENTER
WISHING YOU ALL SO MANY MORE TO COME!



Would you be interested in receiving this newsletter in the mail?

Would you be interested in getting this monthly newsletter delivered to your mailbox or post office box, instead of picking up your copy at the senior center? The subscription would be **\$10 per year** and you could leave your name, address and payment at the desk at the senior center.

If you don't happen to live near the senior center or perhaps are not able to get out and about as often as you would like, this subscription would enable you to keep up with all our senior events.

Think about it and decide if this would work well for you.





Wellness Trips:

7/8 Footprints & Stew Leonard's
 7/15 Hartford Armory & Red Lobster
 7/22 Book Barn/Niantic & Dad's Restaurant
 7/29 Stonington Light-house & Dog Watch Cafe

Happy 4th of July.



to all my friends!!

Weekly Menu:

7/5 Lataille soups
 7/12 Grilled pork
 7/19 BBQ chicken
 7/26 Ham & beans (\$5)



SENIOR CENTER SERVICES

Massage w/ Sue

McCaffery - Please contact the senior center to schedule your appts. By calling 860-642-3040. The price is \$15 for 25 mins. and \$30 for 50 mins.

Did you know we have assorted assisted living devices for loan? We have canes, walkers, bath chairs, wheel chairs and a hospital bed. We offer hearing screening, podiatry appts. And VNA visits. Please call the senior center at 860-642-3040 for more information.

Senior Ctr. Salon Services

w/ Jeanna Prink, Tracy Kelley & Jillian Labonne
 Hair cuts \$8
 Wash & set \$10
 Perm. \$45 w/set \$55
 Color \$45 w/set \$55
 Facials \$8 Waxing \$5

Manicures/Pedicures \$10

Appointments are required & gift certificates are always available. Check the newsletter for Jeanna's "spa days".

If you are aware of someone who is ill or has been ill, please let us know. There is a sign-up sheet at the main desk of the senior center where you can add someone's name.

Darlene Hathaway has taken charge of sending out get-well cards to those people who are under the weather for whatever reason.



HONORARY DONATIONS

A gift to the Senior Center in honor of or in memory of a loved one will assist the center in serving other seniors today and throughout the coming years. Such gifts will be very much appreciated and should be made out and sent to:

Friends of Leb. Sen. Ctr.

37R West Town St.

Lebanon Ct. 06249

"I am enclosing \$___ in honor or memory of:

Name _____

Donor's name _____

Address _____

City, St. Zip _____

A special acknowledgment will be sent as you direct:

____ Birthday

____ Anniversary

____ Memorial

____ In Honor of

____ Other



SUMMER NUTRITION TIPS FOR SENIORS

Eat more fresh fruits and veggies: Have some cut-up fruit and vegetables readily available for a simple, hydrating snack. They are stocked with vital vitamins, minerals and natural antioxidants that seniors need to stay healthy. The American Heart Association recommends at least 4.5 cups of fruits and vegetables per day to help avoid risks for heart disease and stroke. Party dips aren't just for parties: Accompany your veggies with a yummy light dip made with beans, avocados, spinach, sherbet or yogurt that offers additional nutritional benefits. Eating more healthy fats and avoiding the bad ones is often the way to go! Stay hydrated: As a result of the intense summer heat, seniors are particularly at risk for dehydration. It is important to increase the intake of water and decrease the intake of caffeine. And you're not restricted to all fluids - watermelon, cucumber and celery can hydrate the body as well! As a general rule, drink at least eight 8-ounce glasses of fluid a day. Prepare meals ahead of time: In the summer heat many seniors experience appetite loss and a reduced protein intake. Cut the need to cook in the afternoon/evening during the hot months and prepare your favorite protein-filled meals in advance. That way when it's time to eat, all you have to do is heat it up. Refrigerate all perishable foods quickly: It is necessary for seniors to refrigerate all leftovers no more than two hours after eating. Warm temperatures allow bacteria that produce food poisoning to quickly reproduce if food is not put away when finished.

"ROOM TO MOVE" SUMMER SCHEDULE

Wed. July 27th - 6:30pm
Concert on Leb Green

Fri. Aug. 12th - 7pm
Lebanon Country Fair

Wed. Aug. 24th - 6:30pm
Concert on Leb Green

Sat. Sept. 10th - 9pm
Toyo Asian Bistro
Colchester



Are you one of the lucky ones signed up for the Newport Playhouse bus trip on August 8th? If so, this is just a reminder that your payment is due on July 1st. This has always been one of the most popular of Marion's trips, so don't miss your chance to have a great time. Last year we actually filled the place with only our own people coming in on three buses! The plays are always terrific and the "feast" is beyond belief. If you've never been, give it a try. You will NOT be disappointed.



A police officer pulls over a speeding car.

The officer says, "I clocked you at 80 miles per hour, sir."

The driver says, "Gee, officer, I had it on cruise control at 60; perhaps your radar gun needs calibrating."

Not looking up from her knitting the wife says:

"Now don't be silly, dear — you know that this car doesn't have cruise control."

As the officer writes out the ticket, the driver looks over at his wife and growls, "Can't you please keep your mouth shut for once!?"

The wife smiles demurely and says, "Well dear you should be thankful your radar detector went off when it did or your speed would have been higher."

As the officer makes out the second ticket for the illegal radar detector unit, the man glowers at his wife and says through clenched teeth, "Woman, can't you keep your mouth shut?"

The officer frowns and says, "And I notice that you're not wearing your seat belt, sir. That's an automatic \$75 fine."

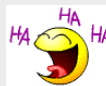
The driver says, "Yeah, well, you see, officer, I had it on, but I took it off when you pulled me over so that I could get my license out of my back pocket."

The wife says, "Now, dear, you know very well that you didn't have your seat belt on. You never wear your seat belt when you're driving."

And as the police officer is writing out the third ticket, the driver turns to his wife and barks, "WHY DON'T YOU PLEASE SHUT UP?"

The officer looks over at the woman and asks, "Does your husband always talk to you this way, Ma'am?"

"Only when he's been drinking, officer."



Have you noticed those tiny pink coupons bearing the name **"Boxtops for Education"** on your General Mills products you use at home or perhaps you've seen the smiling child image in an area marked for cut-out on the labels of your **Campbells** soup and juice products? And have you wondered what they are for?

Tiny but valuable, when turned in to our local school, these **"Boxtops For Education"** and **"Campbell's Soup Labels"** are turned into cash, which in turn provides Lebanon's students with numerous valuable supplies for our school, such as library books, classroom aids, gym supplies and computers, to name a few.

In 2012 over \$74 million dollars was raised nationwide through the collection of these coupons. And the neat thing is: coupons collected in Lebanon become cash for Lebanon, which in turn purchases items for use by Lebanon students.

By cutting and collecting these coupons and turning them in at the Senior Center you can help provide educational tools and supplies locally, thus saving us all valuable tax dollars. Look for the collection box with the labels on it, drop your coupons into it and they will be delivered to the school by one of our volunteers.



More Birthday celebrants (90 & over)



Songs of Yesterday for Seniors

Bobby Darin - Splish, Splash,
I Was Havin' A Flash
Herman's Hermits - Mrs.
Brown, You've Got A Lovely
Walker

Ringo Starr - I Get By With A
Little Help From Depends
The Bee Gees - How Can You
Mend A Broken Hip

Roberta Flack - The First
Time Ever I Forgot Your Face
Johnny Nash - I Can't See
Clearly Now

Paul Simon - Fifty Ways To
Lose Your Liver

The Commodores - Once,
Twice, Three Times To The
Bathroom

Procol Harum - A Whiter
Shade Of Hair

Leo Sayer - You Make Me
Feel Like Napping

The Temptations - Papa's Got
A Kidney Stone

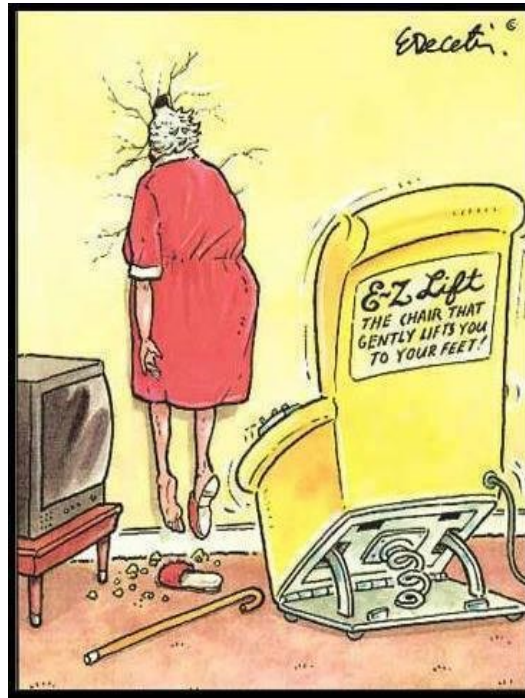
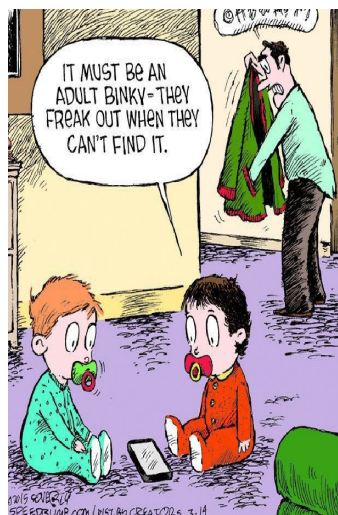
Abba - Denture Queen

Tony Orlando - Knock 3
Times On The Ceiling If You
Hear Me Fall

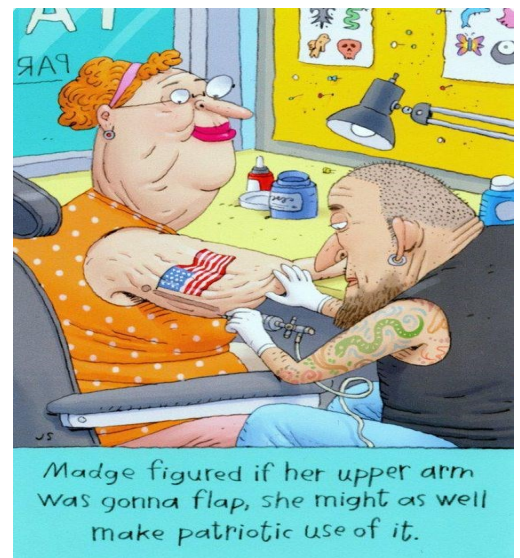
Helen Reddy - I Am Woman,
Hear Me Snore

Leslie Gore - It's My Proce-
dure, And I'll Cry If I Want To
And Last but NOT least...

Willie Nelson - On the Com-
mode Again



SENIOR FUNNIES!



I recently picked a new primary care physician. After two visits and exhaustive lab tests, he said I was doing "fairly well" for my age.

A little concerned about that comment, I couldn't resist asking him, "Do you think I'll live to be 80?"

He asked, "Do you smoke tobacco or drink beer or wine?" "Oh no," I replied. "I'm not doing drugs, either." Then he asked, "Do you eat rib-eye steaks and barbecued ribs?" I said, "No, my other Doctor said that all red meat is very unhealthy."

"Do you spend a lot of time in the sun, like playing golf, sailing, hiking, or bicycling?" "No, I don't," I said.

He asked, "Do you gamble, drive fast cars, or have a lot of sex?" "No," I said. "I don't do any of those things."

He looked at me and said, "Then why do you want to live to 80?"



Easy Chicken Divine

- | | | | |
|---|-----------------------------|-----|-------------------------------|
| 1 | pkg. frozen broccoli | 1 | tsp.. lemon juice |
| 2 | cups sliced, cooked chicken | 1/2 | cup shredded cheese |
| 2 | cans cr. of chicken soup | 1/2 | cup bread crumbs |
| 1 | cup mayonnaise | 2 | Tb. melted butter (margarine) |

Cook broccoli until tender, arrange on greased 11 1/2 x 7 1/2 x 1 1/2 baking dish. Place sliced chicken over broccoli. Combine next 3 ingredients and pour over chicken. Sprinkle with cheese. Combine bread crumbs with melted butter and sprinkle on top. Bake at 350 for 30 minutes. Serves 6 - 8 (can make ahead or freeze)

Watergate Cake

- 1 (18.25 ounce) package white cake mix
- 3 eggs
- 1 cup vegetable oil
- 1 cup lemon-lime flavored carbonated beverage

- 2 (3 ounce) packages instant pistachio pudding mix
- 1 cup frozen whipped topping, thawed
- 1 CUP COLD MILK

DIRECTIONS

Combine cake mix, eggs, oil, soda drink and 1 box pistachio pudding. Pour batter into a greased and floured 13 x 9 inch pan.

Bake at 350 degrees F (175 degrees C) for 30 to 40 minutes, or until a toothpick inserted into cake comes out clean.

Cool completely.

While cake is baking, mix 1 box pistachio pudding, whipped topping, and milk. Chill. Ice cooled cake with chilled frosting.



Ambrosia salad

- 1 (20 ounce) can pineapple chunks, drained
- 2 (11 ounce) cans mandarin oranges, drained
- 1 (10 ounce) jar maraschino cherries, halved
- 1 (16 ounce) package miniature marshmallows
- 1 (16 ounce) container sour cream
- (optional - flaked coconut, grapes)

In a large bowl, combine the pineapple, oranges, cherries, marshmallows and sour cream together. Chill and serve. -





MOSQUITO REPELLENTS - SAFETY FOR THE SUMMER SEASON



A female mosquito feeds on blood to acquire protein that allows the development of her eggs (Figure 1). When she bites, she releases saliva into the area where she is feeding. Her saliva contains proteins that may cause some people to have an allergic reaction, such as itchy red bumps and swollen hives. For those with increased sensitivity to bites, a blister, bruise, or large inflammatory reaction may occur. If a mosquito is harboring a pathogen, such as a virus, a protozoan, or a nematode worm, it is possible that she can transmit the pathogen to humans through her saliva. In Florida, some of the viruses that mosquitoes transmit cause encephalitis. The most important mosquito-borne diseases in Florida are St. Louis encephalitis, eastern equine encephalitis, and West Nile encephalitis.

The best way to avoid mosquito bites is to avoid infested areas, wear protective clothing, and wear insect repellent.

How Do Mosquito Repellents Work?

Repellents make humans unattractive to a mosquito so that it will avoid areas of the body that have been treated with the product. Repellents do not kill mosquitoes. The best repellents will provide protection from bites for a long period of time (> one hour) with a single application. University of Florida mosquito researchers test and evaluate the effectiveness of mosquito repellents based on the amount of time the product will continue to repel mosquitoes after one application to the skin. This is known as Complete Protection Time (CPT).

What Kinds of Mosquito Repellents Are Available?

Repellents that are currently available are either synthetic chemicals, such as DEET, picaridin, and IR3535, or plant-derived chemicals such as citronella and oil of lemon eucalyptus. Various formulations of these repellents are available that differ in the amount of active ingredient, which is the substance that actually repels the mosquito. These products are available as sprays, wipe-ons, sticks, foams, lotions, and area repellents.



Product Labels

It is very important to read and understand the label instructions before using any mosquito repellent. Of particular importance:

Both N,N-diethyl-m-toluamide and N,N-dimethylbenzamide are chemical names for DEET; the label may or may not have the word "DEET" on it under the listed active ingredients

There are different recommendations for frequency of application for different repellents; do not over apply

Check the container for an EPA-approved label and registration number; never use a repellent that has not been approved by the EPA for use

Make sure that the repellent label lists the specific insect that you wish to repel; some repellents are not formulated for certain insects



Plants that repel mosquitos and other insects are: citronelle grass, marigolds, basil, lemon thyme, lavender, catnip, sage, penny royal, rosemary, lemon grass and geraniums.



People Around Us: Chief Ranger Bill Reid speaks on the Last Green Valley historic and scenic town greens and commons

By Alex "Bud" Gavitt



Is it a green or is it a common? It all depends on where you live in one of 26 north eastern Connecticut towns and nine central Massachusetts towns. All these towns are in the Quinebaug and Shetucket Rivers Valley National Heritage Corridor, Inc. This is the last open space area known as the Last Green Valley between Boston and Washington, D.C.

Chief Ranger Bill Reid addressed us after a June 14 luncheon at the Lebanon Senior Center. He announced that a new publication titled "For the Common Good" is a tour guide to the historic and scenic town greens and commons of the Last Green Valley.

Reid stated, "Early settlers in these towns set aside space to build a meetinghouse, establish their burial ground and allow their livestock to graze for a brief time." "The common or green," he continued, "was the social, political and religious center of the town. Surrounding these greens or commons were trade shops, taverns and homes."

By the mid-19th century many buildings and burial grounds were removed and replaced with trees, fences and monuments as the green or common slowly evolved into a town square or park.

A sampling of towns that have commons or greens covered by Reid include those in Norwich, Woodstock and Lebanon. The city of Norwich has four town greens: Norwichtown, Bean Hill, Chelsea Parade and Little Plain Green while Woodstock has seven commons, the largest number of any in the Last Green Valley.

Unlike the commons in Woodstock, Reid noted that Lebanon's one mile long green is listed on the National Register of Historic Places and known for its people and events of the American Revolution.

Alicia Wayland, town historian wrote the text about the Lebanon Green for this publication. Rich in history, she notes, "Lebanon was the home of William Williams, a signer of the Declaration of Independence, and Gov. Jonathan Trumbull, the only colonial governor to defy the Crown and lead Connecticut's mobilization of men and provisions (a feat that earned it the nickname "The Provisions State.") She goes on to give more details in this guide book.

Buildings open to the public around the Lebanon Green are the Gov. Trumbull Home, the Revolutionary War Office, Wadsworth Stable and the Jonathan Trumbull, Jr., House Museum where Washington stayed on March 4, 1781.

Other nearby sites include the birthplace of Dr. William Beaumont, an early 19th century medical researcher, and the Lebanon Historical Society Museum and Visitor Center. The First Congregational Church designed by John Trumbull, the great artist of the Revolution is on the south end of the green.

To obtain your own copy of this guide book, call toll free (866) 363-7226 or write to: The Last Green Valley, 107 Providence Street, Putnam, CT 06260



Seniors On The GO!



Junior Seniors Travel News

July, 2016

By Anne Maffioli

NY Yankees vs. Boston Red Sox at the New Yankee Stadium NYC - Saturday, July 16, 2016. Cost Per Person is \$130 for ticket in section #106 Grand Level and Bus Transportation. Bus Departs Lebanon Senior Center at 10:15 a.m. Money is due by June 4.

Newport Playhouse and Cabaret Dinner Theater Lobster Festival - Monday, August 8, 2016 - \$83.00 Per Person

PLEASE NOTE-PAYMENT DUE BY JULY 1ST.

Departure from the Lebanon Senior Center at 9:30 a.m. Price includes bus, tips, dinner, cabaret and a hilarious play offering a Texas theme and a taste of good old down South humor. Look for the flyer with all the details.

The Big E-Wednesday, September 21, 2016. The Columbia Seniors will be joining us on this trip. Cost per person is \$38 for ticket and bus transportation. This year, the Big E is celebrating their 100 year Centennial and our trip is planned for Connecticut Day as well. Money is due by August 10th. Bus departs Lebanon Senior Center at 8:45 a.m. We will leave the Big E right after the parade.

Ireland/Scotland/England - a possibility for 2016 OR 2017 ???

For more information on any of the trips, please contact Marion at (860) 423-7659. Make checks payable to Lebanon Jr/Sr Travelers. Payment may be left at the Lebanon Senior Center or mailed to Marion Russo, 280 Beaumont Hwy., Lebanon, CT 06249.

LIVING WITH HIGH BLOOD PRESSURE

Have Ongoing Care

If you have high blood pressure, the best thing to do is to talk with your health care provider and take steps to control your blood pressure by making healthy lifestyle changes and taking medications, if any have been prescribed for you. Your health care provider may need to change or add medicines to your treatment plan over time. For a healthy future, follow your treatment plan closely and work with your health care team.

During checkups, talk to your health care provider about:

- blood pressure readings
- your overall health
- your treatment plan



Starting on July 5th and continuing every first Tuesday of the month, Douglas Manor will be holding a blood pressure clinic at our senior center at 11:30 - 12 :00pm

Senior Wellness Trips

July, 2016

Friday, July 8th, 2016 - Footprints Shoes, Newington Ct. - Stew Leonard's, Newington



Friday, July 15th, 2016 - Hartford Armory - Red Lobster Restaurant




Friday, July 22nd, 2016 - Book Barn, Niantic, Ct - Dad's Restaurant. Niantic



Friday, July 29th, 2016 - Stonington Lighthouse - Dog Watch Café,



JULY 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Center Hours Mon-Fri. 9-4 Questions 642-3040						
8	 CENTER CLOSED	5 9:30-2:30 Pedi/Hair 11:30 BP Clinic 12-Lunch Soup 1-3 MOVIE 1:00 Pool/Mahjongg 7:00 Poker	6 9-1 Haircuts 9:30 Exercise 11:00 Golf League 11:00 Massage 12 Card Making 1-3 Horse Shoes	7 9-3 Mani/Pedi 9:00 Yoga 1:00 Setback	8 9:30 Exercise 1:30 Silver Sneakers Wellness- Foot- Prints/Stew Leonard's 6:30 Bingo	9 YOGA 9:30 Massage Therapy 10:45-1:15 6:30 Poker
10	11 9:30 Exercise Class 10:30 Knitting 12:15 Bingo 3:00 Line Dancing 6:30 COA Meeting	12 9:30-2:30 Pedi/Hair 12-Lunch -Grilled Pork 1-3 MOVIE 1:00 Pool/Mahjongg 7:00 Poker	13 9-1 Haircuts 9:30 Exercise 11:00 Golf League 1-3 Horse Shoes 1-6 BLOOD DRIVE	14 9-3 Mani/Pedi 9:00 Yoga 1:00 Setback	15 9:30 Exercise 1:30 Silver Sneakers Wellness- Hartford Amory/ Red Lobster	16 YOGA 9:30 Massage Therapy 10:45-1:15
17	18 9:30 Exercise Class 10:30 Knitting 11:00 VNA BP 12:15 Bingo 3:00 Line Dancing	19 9:30 Hearing Clinic 9:30-2:30 Pedi/Hair 12 -BBQ Chicken 1-3 MOVIE 1:00 Pool/ Mahjongg 7:00 Poker	20 9-1 Haircuts 9:30 Exercise 11:00 Massage 11:00 Golf League 12 Card Making 1-3 Horse Shoes	21 9-3 Mani/Pedi 9:00 Yoga 1:00 Setback	22 9:30 Exercise 1:30 Silver Sneakers Wellness-Book Barn & Dad's	23 YOGA 9:30
24	25 9:30 Exercise Class 10:30 Knitting 12:15 Bingo 3:00 Line Dancing	26 9:30-2:30 Pedi/Hair 10:30 -12 Podiatrist 12-Lunch - Ham & Bean \$5 1:00 Friends 1:00 Pool/Mahjongg 7:00 Poker	27 9-1 Haircuts 9:30 Exercise 11:00 Golf League 1-3 Horse Shoes	28 9-3 Mani/Pedi 9:00 Yoga 1:00 Setback	29 9:30 Exercise 1:30 Silver Sneakers Wellness- Stonington Light- house/Dog Watch- Cafe	30 YOGA 9:30